

# Adult Special Interest

## Arts & Crafts

### Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more. Supply list available at PKCC.

*Instructor: Jean Pratt Beouy • Location: PKCC*  
8 classes • No class 11/12, 12/24, 12/31 & 2/18  
Resident \$130 / Non-Resident \$156

Mon	Sept 10–Oct 29	6–9pm	36742
Mon	Nov 5–Jan 14	6–9pm	36743
Mon	Jan 28–Mar 25	6–9pm	36744

### Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

*Supply list available at PKCC*  
*Instructor: Jean Pratt Beouy • Location: PKCC*  
8 classes • Resident \$130 / Non-Resident \$156

Tue	Sept 4–Oct 23	5:30–8:30pm	36746
Tue	Oct 30–Dec 18	5:30–8:30pm	36747
Tue	Jan 8–Feb 26	5:30–8:30pm	36748
Tue	Mar 5–Apr 23	5:30–8:30pm	36749

### Abstract Painting Workshop

**NEW!** In this 4-hour workshop you will discover your own style using two methods of starting your own abstract. The instructor will demonstrate and provide individual advice. Learn various applications using a pallet knife and brush, color mixing, determining completion, checking for balances and things to avoid in producing a successful abstract. All levels welcome.

*Supply list available at PKCC*  
*Instructor: Jean Pratt Beouy • Location: PKCC*  
Resident \$45 / Non-Resident \$54

Sat	Oct 6	10am–2pm	37002
Sat	Feb 2	10am–2pm	37003

### Fused Glass Basics

Satisfy your curiosity for creating a beautiful and functional glass piece! Students will create two fused and slumped plates using precut glass in brilliant colors. Janet Foley will teach you glass fusing basics, types of glass, cutting and fusing in the glass kiln. Glass cutting experience is helpful but not required. Glass will be fired off site and available for pick up two weeks after class.

*Wear closed-toe shoes • Location PKCC All materials, tools and firing included in \$45 supply fee paid to instructor at beginning of class • Resident \$35 / Non-Resident \$42*

Wed	6–9pm	Oct 10	36750
Wed	6–9pm	Nov 7	36751
Tue	10am–1pm	Jan 29	36752
Wed	6–9pm	Mar 6	36753



### Ikebana: The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

*Fee for floral materials \$32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.*

*Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana • Location: PKCC • 4 classes*

#### Free Demonstration

Wed	6:30–7:30pm	Oct 10	36757
-----	-------------	--------	-------

**4 classes • Resident \$64 / Non-Resident \$72**

Wed	6:30–8:30pm	Oct 17–Nov 7	37494
Wed	6:30–8:30pm	Feb 13–Mar 6	36756

## Parenting

### When Your Teen is Floundering: Targeted Strategies & Solutions

Has your teen or college student “hit the wall” academically or personally? Become more distractible, overwhelmed or negative? It may be more than simple teenage angst. This two-part class for parents will help you identify potential underlying issues that may be thwarting your teen’s progress, and provides brain-type specific strategies to help them get their lives back on track. In the first class learn the difference between normal teen/young adulthood issues and more serious ones and receive the Amen Clinic “Change Your Brain, Change Your Life” questionnaire. The second class will cover general questionnaire results and ways to address brain imbalances. Learn effective strategies for bringing out the best in your teen based on their specific brain type, so they can be more successful, happier, make good choices... and be easier to live with!

*Taught by Cynthia Seager, therapist and ADD/Life Skills Coach, was an Amen Clinic therapist, coach and educator for over 5 years.*

*Location: PKCC • 2 classes*  
*Resident \$36 / Non-Resident \$43*  
*Resident Couple \$46 / Non-Resident Couple \$55*

Tue	6:30–8:30pm	Dec 12–19	36758
-----	-------------	-----------	-------

## Gardening

### Using Conifers & Evergreen Shrubs in Your Landscape Design

**NEW!** This class will look at the plants that grow amazingly well in the Pacific Northwest: Conifers and Evergreen Shrubs. Get blooms and foliar color (yellows, silvers and greens of all hues) in an area of your yard. There is an Evergreen to screen and a conifer for groundcover. The last class will meet at Molbaks.

*Instructor: Nancy Tom • 3 classes • Location: PKCC*  
*Resident \$62 / Non-Resident \$74*

Sat	9:30–11am	Sept 8–22	37009
-----	-----------	-----------	-------

## Writing



### Story Starters

Do you want to write, but have trouble knowing where to begin? Do you ever wonder where writers get their ideas? This four hour seminar will help jump-start your creativity and show you how to tease those great ideas out of your imagination. Creating a character from found objects, mining your childhood memories and finding ideas in everyday places are just a few of the in-class activities that will help you get started. Whether your stories are fiction or non-fiction, for children or adults, you will gain some fresh ideas and strategies to keep you going long after class has ended.

*Instructor: Connie Weber • Location: PKCC  
Resident \$7 / Non Resident \$8*

Thur	1-3pm	Oct 4	36759
Thur	1-3pm	Jan 24	36761

### Writer's Workshop

One of the toughest parts of writing is letting your work be heard and critiqued. But there's no better way to grow as a writer. If you're working on a writing project and you'd like some feedback from your peers, along with advice and information from an experienced writer, this course is for you. Sessions will be divided into two parts—1) readings with feedback from writers within the group and 2) practical information writers can really use: instruction in the craft of writing, news about publishing markets, resources for writers, etc. Participants will also learn how to comment on the work of others in a helpful way. The course will run for six weeks at a time, and participants may sign up for one session or several, as they choose.

*Instructor: Connie Weber • 6 classes • Location: PKCC  
Resident \$60 / Non-Resident \$72  
Drop-In Rate Resident \$7 / Non Resident \$8*

Thur	1-3pm	Oct 11–Nov 15	36889
------	-------	---------------	-------

### Introduction to Short Fiction

How does writing short fiction differ from writing a novel? What makes this art form unique? In this class participants will work their way through the first draft of a short story and discuss topics such as setting, voice and scene. Through in-class practice and weekly assignments learn the tools essential for writing a piece of short fiction. Opportunities to share work with the class will also be provided. No experience necessary, just a desire to create and learn.

*Instructor: Connie Weber • 4 classes • Location: PKCC  
Resident \$40 / Non-Resident \$48*

Thur	1-3pm	Mar 7-28	36900
------	-------	----------	-------

## Language

### Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

*Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.*

*This class uses "Dos Mundos 6th Edition, please bring pen and paper to class • Location: PKCC • 5 classes  
No class 11/12 & 1/21 • Resident \$38 / Non-Resident \$46*

Mon	1:30-3pm	Sept 10–Oct 8	36429
Mon	1:30-3pm	Oct 22–Nov 26	36430
Mon	1:30-3pm	Jan 7–Feb 11	36432
Mon	1:30-3pm	Feb 25–Mar 25	36433

### Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills.

*Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.*

*This class uses "Dos Mundos 6th Edition, please bring pen and paper to class • Location: PKCC • 5 classes  
Resident \$38 / Non-Resident \$46*

Wed	1:30-3pm	Sept 12–Oct 10	36434
Wed	1:30-3pm	Oct 24–Nov 21	36435
Wed	1:30-3pm	Jan 9–Feb 6	36437
Wed	1:30-3pm	Feb 20–Mar 20	36438

## Computers Mac Classes

**NEW!**

### Mac Basics Introduction to Mac

**NEW!** For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

*Location: PKCC • Instructor: Doris Ford • 4 classes  
No class 2/18 • \$5 lab fee per class is collected at time of registration • Participants must provide their own Mac laptop*

*Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Wed	12-2pm	Sept 12–Oct 3	37023
-----	--------	---------------	-------

### Return to Work: Word Mac

**NEW!** Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art on your Mac. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

*Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration  
Participants must provide their own Mac laptop*

*Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Wed	12-2pm	Oct 10-31	37024
-----	--------	-----------	-------

### Return to Work: Excel Mac

**NEW!** Review basic commands, perform formulas, work with multiple worksheets, understand and perform calculations, create "what-if" worksheets and sharpen your math skills by building fundamental skills in Excel. No Excel experience needed..

*Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration  
Participants must provide their own Mac laptop*

*Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Fri	12-2pm	Feb 1-22	37025
-----	--------	----------	-------

# Adult Special Interest

## Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

### Return to Work: Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Oct 8–29	36439
Wed	10am–12pm	Jan 16–Feb 6	36441

### Return to Work: PowerPoint

Learn how to create a presentation that gives visual support to verbal communication. Add text, bulleted lists and pictures to slides, create a timed slide show, as well as prepare and print speaker notes. The last class students can develop a presentation using techniques taught in this class.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Fri	8:45–10:45pm	Feb 1–22	36442
-----	--------------	----------	-------

### Return to Work: Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30p,	Mar 4–25	36443
-----	--------------	----------	-------

## Real Estate

### Home Buyers Workshop

Can you afford it? Do you qualify for financing? Learn about zero-down programs, FHA loans, seller carry back programs, government gift programs and private gift programs.

Instructor: Kim Prater • Location: PKCC  
Residents \$10 / Non Residents \$12

Wed	7–9pm	Sept 19	36921
Wed	7–9pm	Mar 20	36922

### Home Sellers Workshop

Learn how to get top dollar for your home. Topics include: • Pricing • Marketing • For sale by Owner (Pros and Cons) • Cost involved: Marketing, Commissions, Taxes, Title, and Escrow etc.

Instructor: Kim Prater • Location: PKCC  
Hand outs included • Resident \$10/Non Resident \$12

Wed	7–9pm	Oct 17	36923
Thur	7–9pm	Jan 10	36925

### Investment Property Seminar

Are you thinking about investing in real estate? Learn how to determine cash flow. Learn how to avoid the 10 biggest mistakes investors have made in the last boom, and see how YOU can take advantage of the crash. Learn terms, formulas, and evaluation tools such as Gross Rent Multiplier, Price per square foot, Cash on Cash return, Float and Desire, and Cap Rate used to evaluate multi-family, commercial, and investment properties. Bring your calculator!

Instructor: Kim Prater • Location: PKCC  
Residents \$10 / Non Residents \$12

Wed	7–9pm	Nov 14	36926
Wed	7–9pm	Feb 20	36927

### DIY Home Staging: Tips & Tricks that Sell Homes NEW!

In this real estate market, home sellers more than ever need to maximize their homes competitive edge with proper presentation and home staging. For many however staging is too expensive. The most effective solution is to learn how to prepare and stage your home yourself. This class will teach you how to view your home through a buyer's eyes and to focus your money and efforts on those changes that will make the most differences. The instructor is a home staging veteran and DIY staging consultant.

Instructor: Cynthia Seager • Location: PKCC  
Resident \$25 / Non-Resident \$30

Sat	9–11:30am	Jan 12	37014
-----	-----------	--------	-------



## Voice-Overs

### You're On The Air – How to Make it in Voice-Overs!

You don't have to be an actor to get voice-over work. Learn about an exciting new way to get around the competition and actually turn voice-overs into a full or part-time business! Dan Levine, a well-known commercial producer and Tony Award-nominated Broadway composer will discuss voice-over technique in a recorded portion of the class. Lisa Foster, successful voice-over artist will introduce students to the voice-over business and talk about numerous opportunities, income potential and the all-important demo and how to have it produced. Step up to the microphone to do some practice recording, and best of all, hear the results!

Location: NKCC • Resident \$37 / Non-Resident \$44

Tue	7–9pm	Nov 6	37379
Thur	7–9pm	Mar 5	37380



## Health

### Be Thinner, Healthier & Happier by Balancing Your Brain Type

Learn lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your self-discipline, focus, and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's CYBCYB concepts.

*The instructor was a staff therapist, ADD/life skills coach and educator for the PNW Amen Clinic for over 5 years*

*Instructor: Cynthia Seager • Location: PKCC  
Resident \$17 / Non-Resident \$20*

Wed	6:30–8:30pm	Nov 28	36933
Wed	6:30–8:30pm	Mar 27	36934

### Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks or stress been wearing you down and clouding your judgment? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. This class will teach you stress-busters that really work: tools for derailing stress, anxiety and tension. You'll also learn how to replace nagging negative thoughts with more constructive ones that free up your energy and creative resources. Handouts provided.

*Instructor: Cynthia Seager • Location: PKCC  
Resident \$17 / Non-Resident \$20*

Wed	9:30–11:30am	Sept 26	37015
-----	--------------	---------	-------



### Hypnosis for Weight Loss

You already know that losing weight can be one of life's most frustrating experiences. Now find out what you can do to lose 20 pounds within weeks. Hypnosis can help you change those old destructive mental programs that are keeping you stuck... and it can be far easier than you ever imagined.

*Location: NKCC • The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington  
• PLEASE BRING A MAT OR TOWEL, AND A PILLOW  
Resident \$95 / Non-Resident \$114*

Wed	7–9pm	Oct 3, 10, & 17	37375
Wed	7–9pm	Feb 6, 13, & 20	37376

### Hypnosis to Quit Smoking

Even though you already know how destructive smoking can be, you've lost track of how many times you've tried to quit. You've tried different brands. You've tried the gum. You've tried the patch. You've tried willpower. Nothing seems to work. Well, leave your willpower at home. Hypnosis can help you stop smoking for good... and it can be far easier than you ever imagined.

*Location: NKCC • The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington  
• PLEASE BRING A MAT OR TOWEL, AND A PILLOW  
Resident \$47 / Non-Resident \$56*

Wed	7–9pm	Oct 24	37377
Wed	7–9pm	Feb 27	37378

## Finance

### Financial Recovery: Skills for Creating Financial Peace of Mind

Addressing the growing need for something more than conventional investment advice or budgeting/debt reduction strategies, Financial Recovery™ encompasses both the practical as well as emotional aspects of your relationship to money. In this class you'll learn how you can start right away to build skills and awareness you need to be truly in control of your money, and thus enhance your financial well-being. Handouts provided. The instructor is a certified Financial Recovery Counselor, as well as a therapist and Life Skills coach.

*Instructor: Cynthia Seager • Location: PKCC  
Residents \$10 / Non Residents \$12*

Thur	6:30–8:30pm	Oct 25	37018
Wed	6:30pm–8:30pm	Feb 20	37019

## Music

### Beginning Guitar Turbo Charged!

**Ages 12 years and up**

This fast-paced course covers all the basics – from tuning and strumming, all the way up to common chord progressions. By the end of the course, you'll know major, minor and 7th chords, basic rhythms and beginning theory. Get a solid foundation for whatever kind of music you're into! Good for electric or acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument  
Instructor: Scott Lawson • Location: NKCC*

**Fall 8 weeks** Resident \$98 / Non-Resident \$118

Mon	6:30–7:30pm	Sept 10–Oct 29	37288
-----	-------------	----------------	-------

**Fall 6 weeks** No class 11/12

Resident \$74 / Non-Resident \$89

Mon	6:30–7:30pm	Nov 5–Dec 17	37289
-----	-------------	--------------	-------

**Winter 8 weeks** No class 1/21 & 2/18

Resident \$98 / Non-Resident \$118

Mon	6:30–7:30pm	Jan 14–Mar 18	37290
-----	-------------	---------------	-------

# Adult Special Interest

## Sew What? Learn to Sew Series

Aren't you envious of those who know how to sew? Well don't be any longer. Veteran seamstress, Melissa Graham, will teach you the basics of sewing in a simple, uncomplicated, easy format. Meet new friends, and get all the help you need in this series of sewing classes designed for the beginning sewer. Sign up now and unleash your inner seamstress!

### Sew What? Intro to Sewing

**Ages 16 years to Adult**

This 1½ hour class will teach you simple sewing basics from getting to know your machine, and basic stitches, to reading and cutting out a pattern. Bring your machine, scissors, and thread, we'll provide new friends and the material to practice on!

*Instructor: Melissa Graham • Location: NKCC • 1 week  
Resident \$18 / Non-Resident \$22*

Mon	6:30–8:00pm	Sept 17	37336
Mon	6:30–8:00pm	Nov 5	37337
Mon	6:30–8:00pm	Jan 14	37338

### Sew What? Pillow Talk

**Ages 16 years to Adult**

For students who have completed the Sewing Intro class or know sewing basics. In this 4 week class we will work on pillows for your home. Starting with a scrap pillow and progressing to pillows with complimentary designs and embellishments. Finally, pillows to match your style and décor! A materials list will be e-mailed prior to the start of class. Bring your machine, scissors, and thread, we'll provide new friends and the material to practice on!

*Instructor: Melissa Graham • Location: NKCC • 4 weeks  
Resident \$60 / Non-Resident \$72*

Mon	6:30–8:00pm	Sept 24–Oct 15	37340
-----	-------------	----------------	-------

### Sew What? Set the Table

**Ages 16 years to Adult**

For students who have completed the Sew Intro class or know sewing basics. In this 4 week class we will work on “setting the table”. Learn how to make a beautiful table runner, napkins, and if time allows placemats. Perfect for gifts, if you can bear to part with them! A materials list will be e-mailed prior to the start of class. Bring your machine, scissors, and thread, we'll provide new friends and the material to practice on!

*Instructor: Melissa Graham • Location: NKCC • 4 weeks  
Resident \$60 / Non-Resident \$72*

Mon	6:30–8:00pm	Nov 26–Dec 17	37341
-----	-------------	---------------	-------



### Sew What? Blankets, Bibs & Burpees

**Ages 16 years to Adult**

For students who have completed the Sew Intro class or know sewing basics. In this 4 week class we will work on baby essentials. Learn how to make adorable blankets, bibs, and “burpee” cloths. You'll go goo, goo, ga, ga over the finished projects! A materials list will be e-mailed prior to the start of class. Bring your machine, scissors, and thread, we'll provide new friends and the material to practice on!

*Instructor: Melissa Graham • Location: NKCC • 4 weeks  
No class 2/18 • Resident \$60 / Non-Resident \$72*

Mon	6:30–8:00pm	Jan 28–Feb 25	37339
-----	-------------	---------------	-------

### Sew What? The Heat is On

**Ages 16 years to Adult**

For students who have completed the Sew Intro class or know sewing basics. In this 4 week class we will work on your kitchen wardrobe. All stylish cooks should own a one of a kind apron and potholders. You're the designer in this class, choosing your own fabric and details. A materials list will be e-mailed prior to the start of class. Bring your machine, scissors, and thread, we'll provide new friends and the material to practice on!

*Instructor: Melissa Graham • Location: NKCC • 4 weeks  
Resident \$60 / Non-Resident \$72*

Mon	6:30–8:00pm	Mar 4–25	37342
-----	-------------	----------	-------

## Life Safety

### Adult CPR

**12 years and older**

Cardio-Pulmonary Resuscitation classes are offered FREE of charge to citizens who want to learn how to save lives using CPR and the Automated External Defibrillator (AED.) Upon satisfactory completion of this class, an American Heart Association Heart Saver card will be issued. The card is good for two years.

*This course will satisfy the certified Basic Life Support training requirement, but it is not a Healthcare Provider (HCP) course for medical professionals and medical students. Those who need this should contact the American Heart Association, the American Red Cross, local hospitals or technical colleges.*

*Pre Registration is required  
Classes held at Fire Station No. 22, 6601 108th Ave NE.*

Tue	7–9:30pm	Oct 2	36653
Thur	7–9:30pm	Nov 8	36654
Tues	7–9:30pm	Dec 4	36663
Thur	7–9:30pm	Jan 3	36655
Mon	7–9:30pm	Feb 4	36656
Thur	7–9:30pm	Mar 7	36657



### Infant / Child CPR

**12 years and older**

Cardiopulmonary Resuscitation classes will be offered FREE of charge to aid in saving lives in our community.

*Pre Registration is required  
Classes held at Fire Station No. 22, 6601 108th Avenue NE  
A NON-Certified card will be issued at the end of this class*

Thur	6–8pm	Oct 4	36658
Tue	6–8pm	Nov 6	36659
Sat	9–11am	Dec 8	36664
Sat	9–11am	Jan 5	36660
Tue	6–8pm	Feb 5	36661
Tue	6–8pm	Mar 5	36662

## Cooking Manifest Dining Magic

### Fun, Easy & Exotic Indian Vegetarian Cooking Class

Capture the alluring aroma and magical flavors of India and unleash them at your table with the presentation of your own exotic Indian meal. Learn the secrets about Indian spices, spice blends, basic curries and sauces, street foods and Indian pantry essentials in these fun and easy Indian Vegetarian cooking class.

Enjoy simple, no-fuss recipes with step-by-step instructions presented by the instructor. You too, can manifest magic at your dining table.

*Instructor: Padma Mandalaparthi • Location: PKCC • Supply fee paid to instructor \$5 per class • Resident \$35 / Non-Resident \$42*

**All sessions are Wednesdays, 7–8:30pm**

<b>Quick &amp; Elegant Indian Meal</b> Learn how to prepare an elegant and easy Indian dinner for family and friends. We will prepare potato and cauliflower curry( aloo – gobhi), pineapple raita( ananas raita), spinach lentil puree ( palak ki dal) and perfect basmati rice( chawal)	Sept 12 36901	<b>Quick &amp; Easy Appetizers</b> Learn to prepare spicy and easy Paneer Pakodas( batter fried Paneer pieces), curry puffs( potato curry filled turnovers) and potato and tofu tikkis (potato and tofu spiced patties)	Dec 5 36919
<b>Curry Sauces 101</b> Learn how to make quick and delicious curry sauces for everyday Indian cooking. We will make three fantastic and versatile sauces- spicy and creamy curry sauce, Korma curry sauce and coconut curry sauce.	Sept 26 36902	<b>Spicy Goan Delights</b> Join us as we explore the Portuguese and Indian fusion flavors from the west coast region of India - Goa. Goan cuisine is spicy and exotic and we will prepare Vindaloo Vegetables, Goan pilaf and Goan egg curry	Dec 12 36920
<b>Flat Breads &amp; Chutneys</b> Join us for a fun very hands on class and learn how to prepare delicious, crispy rotis, stuffed paranthas and the ever popular and tasty mint and cilantro chutney and pineapple chutney to accompany the flatbreads	Oct 3 36903	<b>Crepes and More</b> Join us as we learn to prepare easy yet exotic and silky lentil crepes, coconut and cilantro chutney and curried potatoes to accompany with the crepes	Jan 16 36910
<b>Tandoori Delights</b> This class will focus on how to make the tandoori spice rub at home and how to flavor cheese and vegetables	Oct 10 36904	<b>Beans &amp; Lentils</b> Beans and lentils are low fat, protein and fiber rich heart healthy foods that have been used in India for centuries. Come and learn how to prepare easy and simple recipes like spinach and mund beans dal, garbanzo bean curry and spicy Adzuki beans. They are a wonderful warming treat in winter!	Jan 23 36911
<b>Street Foods</b> Street food is very popular in India. Join this class and learn to recreate the magic of the popular Indian street foods right in your home. We will learn how to prepare Pav Bhaji, Bhel Puri and Aloo Chaat	Oct 17 36905	<b>Exotic Spiced Curries</b> Kerala the southernmost tip of India is the also called the 'Land of Gods' and aptly so. It is one of the largest producers of cardamom, pepper, nutmeg, cloves, cashews and many more exotic and prized products! Join us on our spice filled adventure as we explore the earthy spiced and coconut laced curries from this region	Feb 6 36912
<b>Finger Foods</b> In this class we will learn to prepare some favorite Indian finger foods – Vegetable fritters( subzi pakoda), cream of wheat fritters( sooji pakoda), potato chips aloo ke chips	Oct 31 36906	<b>Secrets of Curry Powder</b> Unravel the mystery of curry powder as we prepare a simple everyday use of curry powder to spice up vegetables and lentils. Learn how to prepare simple and spiced broccoli and a tantalizing lentil soup flavored with the curry powder	Feb 27 36913
<b>Garam Masala</b> Join us to learn how to prepare your own home made spice blend – Garam Masala and prepare fragrant and spicy mushrooms and peas curry and Paneer Masala	Nov 7 36907	<b>Vegetarian Salads</b> Indian cuisine offers a wide number of delicious and healthy salads. Learn to prepare easy vegetable and lentil salads that can be served as a side dish or as an entrée and can also be made ahead for a picnic or a party	March 13 36914
<b>Eggs: Indian Style</b> Farm fresh country style eggs are very much a part of Indian diet and as with all dishes Indian, eggs are dressed up with spices and fresh herbs to elevate them from a humble every dish to an exotic, tasty creation! Learn how to make a spicy 'masala' omelette, egg curry and savoury French toast – Indian style!	Nov 28 36909	<b>Spicy Vegetable Sides</b> Diets rich in vegetables are healthy as they help provide the essential vitamins, minerals and other important nutritional components that keep diseases at bay! Learn to prepare vegetables dressed up with spices and herbs that can star as the side dish or a salad to enhance any meal	March 20 36915



# Adult Special Interest

## Cooking cont'd

### Date Night Dinner **NEW!**

Want to impress someone with your cooking talent? Bored with your usual recipe collection and looking to infuse some excitement into your cooking? Then join us as we prepare a meal with fun and exciting recipes from India to impress your sweetheart or entice one! We will start by making a scrumptious Indian style tomato soup, followed by Zucchini salad with ginger and cumin seeds, lemony rice noodles, paneer and peas curry and easy to make yogurt mousse with cardamom. We will taste all the dishes at the end of the class as usual!

*Instructor: Padma Mandalaparthi • Location: PKCC  
Supply fee paid to instructor \$5 per class  
Resident \$45 / Non-Resident \$54*

Fri 6–8:30pm Oct 26 37004

### Valentine's Day Dinner **NEW!**

Learn how to prepare a special romantic meal for two this valentine's day to surprise your sweetheart! We will prepare an elegant meal with paneer tikka( a pepper crusted paneer steak with a velvety and spicy tomato sauce), spiced potato and peas patties( aloo matter tikkis), saffron scented basmati rice, carrot raita, lentil wafers and mango lassi.

*Instructor: Padma Mandalaparthi • Location: PKCC  
Supply fee paid to instructor \$5 per class  
Resident \$45 / Non-Resident \$54*

Fri 6–8:30pm Feb 1 37006

### Got Spice? Unravel the Health Benefits of Spices

**NEW!** Join us as we explore the world of spices. Learn how to assemble a spice box at home and unravel the health benefits of spices. We will prepare three simple and tasty dishes as we learn about the umpteen benefits of spices like turmeric, cumin, coriander, black pepper and more.

*Instructor: Padma Mandalaparthi • Location: PKCC  
Supply fee paid to instructor \$5 per class  
Resident \$45 / Non-Resident \$54*

Fri 6–8:30pm Mar 8 37007



## Dog Training

**The Diamond Plate Dog Company is excited to offer dog training for owners with a busy lifestyle.**

*Instr: Amy Riekstins • Location: PKCC • Resident \$39 / Non-Res. \$47*

<b>Come When I Call You</b>	Your dog can learn to come to you quickly and reliably. You will be given a solid foundation and many ideas for practicing "come" when I call you. A reliable recall can save your dog's life.	7:00–8:15pm	Tues Sept 11	37048
			Tues Oct 23	37049
<b>No More Jumping: Polite Greetings</b>	In "Polite Greetings" you will learn how to teach your dog to sit or stand to greet humans. Your dog will get a lot of practice during the session and you'll get skills to take home to practice more. We'll also go over some good management tools for the humans to do when company comes over to your house.	7:00–8:15pm	Tue Sept 18	37050
			Tues Oct 30	37051
<b>Walking on a Leash: No More Pulling</b>	Walking casually on a loose leash is a great goal for everyday walking your dog. If walks are more like a tug of war than a peaceful stroll, you can change that for the better with this workshop. We'll cover a variety of different techniques for teaching your dog to keep the leash loose and stop pulling, No prong or choke collars.	7:00–8:15pm	Tue Sept 25	37052
			Tue Nov 6	37053
<b>Settle &amp; Stay</b>	Join this class if you are frustrated with a dog that will not stay in place. We will create a foundation so you can slowly add distractions, distance, and duration over time. Please bring a mat, bed, or blanket to class for your dog.	7:00–8:15pm	Tue Oct 2	37054
			Tue Nov 13	37055
<b>On-Leash Aggression: Part I</b>	Lunging & barking!! It is difficult to enjoy walking a dog that is reactive while on-leash. Your dog is an angel when off leash . . . find out why there is a difference. We'll help you with important techniques that can help eliminate some of your unwanted behaviors. This a seminar only class without dogs. Sign up for the "Hands On Session" (on-leash aggression 2) for working with your dog . Pre-requisite to hands on practice.	7:00–8:15pm	Tue Oct 9	37056
			Tue Nov 27	37057
<b>On-Leash Aggression: Part II</b>	Sign up for the Hands On portion of class if you would like to practice the skills learned in the seminar On-Leash Aggression 1. Each dog/owner team will get 20 minutes to work with the trainer and a "stimulus" dog. Each dog/owner team will take turns handling dogs and watching/learning from others.	7:00–8:15pm	Thur Oct 11	37058
			Thur Nov 29	37059
<b>Barky Dog</b>	The main skill dogs will learn from a Barky Dog session is to focus on their humans around other dogs. As a handler, you will learn to get and keep focus from your dog using positive reinforcement. Don't expect a miraculous recovery after just one class, but you will have more skills! This class is not for aggressive dogs.	7:00–8:15pm	Tue Oct 16	37060
			Tue Dec 4	37061